



Chef Charles Says...



July

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Hints and Tips for Farmer's Market Shopping

Summer is prime time for farmer's markets. Iowa has more farmer's markets per capita than any other state. If you qualify for Farmer's Market Senior coupons, remember to bring them along. Coupons can be used at certified food stands. Just ask the farmer if they participate. You benefit by supplementing your meals with more fruits and vegetables, and local farmers benefit too.



Chef Charles Asks the Questions

I Love To Eat Watermelon In The Summer. Is It Good for Me?

Watermelon is a popular summer picnic food. We eat it because it tastes good and refreshing. But there is more. Watermelon is full of vitamin C, vitamin A and lycopene. Watermelon has a higher concentration of lycopene than any other fresh fruit or vegetable. Lycopene is an antioxidant that helps reduce certain kinds of cancer, cardiovascular disease, and macular degeneration. One cup serves up to 21 percent of Daily Value for vitamin C, and 18 percent of the Daily Value for vitamin A. The most favorable melon has deeply colored seeds and flesh. If you are choosing a whole melon, choose one that is heavy for its size with a smooth rind that is not too shiny or too dull.

When Shopping Try These Tips

◆ Take your time and have fun browsing!

Walk around the market, making note of stands of special interest, before buying.

◆ Bring containers and shopping bags.

Although some farmer's market vendors have bags and boxes, it is easiest if you bring your own reusable bags with handles.

◆ Ask questions.

Ask questions when you see unfamiliar produce. Farmers love to share their knowledge and can even give you recipes and cooking tips.

◆ Go early, or

There is nothing better than strolling through a fragrant and colorful farmer's market early on a summer morning. You will find the best selection if you show up early.

◆ Go late.

Just before closing time, you will find some of the best deals, because vendors do not want to take the food home. But remember that the selection will be limited at this time, and some vendors may be sold out.

◆ Bring coolers.

Make sure to have coolers with ice packs in your car, or take the produce straight home to keep it fresh and at its peak.



Developed by:

Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Pick a Better... Fat

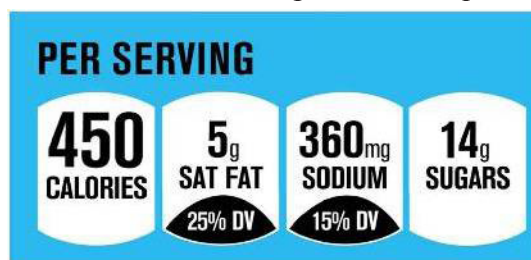
If you have high LDL (bad) cholesterol and/or low HDL (good) cholesterol, you are at higher risk of heart disease. You probably know that what you eat can affect your cholesterol levels, but it is not the cholesterol you consume that is the major villain, it is the fat. The type of fat you eat has the biggest effect on your cholesterol level. Eat healthful, unsaturated fats to raise the HDL and limit saturated and trans fats to lower the LDL.

Fats Best to Eat Hint: Liquid at room temperature Mono and poly unsaturated fats
Olive oil Vegetable oil Nuts such as walnuts Fatty fish like salmon, tuna, and sardines
Fats to Avoid Hint: Solid at room temperature Saturated fats
Fatty meats Butter Fats Palm, palm kernel, coconut oils
Hint: Eat as little as possible Trans fats
Synthetic fat such as partially hydrogenated oils

While it is wise to choose healthful fats when you need to use fat, it is even wiser to limit the amount of fat you consume each day. Remember that all fats provide nine calories for every gram while protein and carbohydrates provide four calories for every gram.

Get the News Nutrition Keys Program

A voluntary, front-of-pack nutrition labeling system called 'Nutrition Keys' has been developed by the food and beverage industry. Nutrition Keys is intended to help consumers make informed food choices in the supermarket aisle. The labeling program was introduced in January 2011, and is beginning to show up on packaging. The white and black icons will be placed on the front of packages and will include information on calories, saturated fat,



Food Safety

Watermelon is a safe food choice but you need to keep it clean and safe, by following these suggestions.

1. Choose a firm watermelon, free of major cracks, dents or bruises.
2. FDA recommends washing watermelon before cutting.
3. Wash your hands and wash all cutting surfaces, knives and other utensils.
4. Refrigerate after cutting the watermelon! Either place chunks in a bag or container, or place plastic wrap over the exposed part of the watermelon.

The bottom line is: If you do accidentally leave the cut melon at room temperature for more than 2 hours, it is recommended that you not eat it. It might be tough to toss out the watermelon, but it is better to be safe in the long run. Besides, cold, crisp watermelon tastes great, so keep cut watermelon in the refrigerator.



Seedless Watermelon

Seedless watermelons actually have small, tasteless undeveloped seeds that are eaten with the flesh. Because seedless varieties don't put energy into producing seeds, they can be sweeter than other varieties.

Source: University of Illinois Extension
<http://urbanext.illinois.edu/veggies/watermelon.cfm>

sodium and total sugar content. Other nutrient information such as potassium, fiber; vitamins A, C and D; calcium; iron and protein may be included if the nutrient product is required to be on the Nutrition Facts label

and provides at least 10% of the daily requirement. However, you should continue to use the Nutrition Facts label and the ingredients list on the package for a total understanding of the product.

Be Active

Healthy Summer Walking

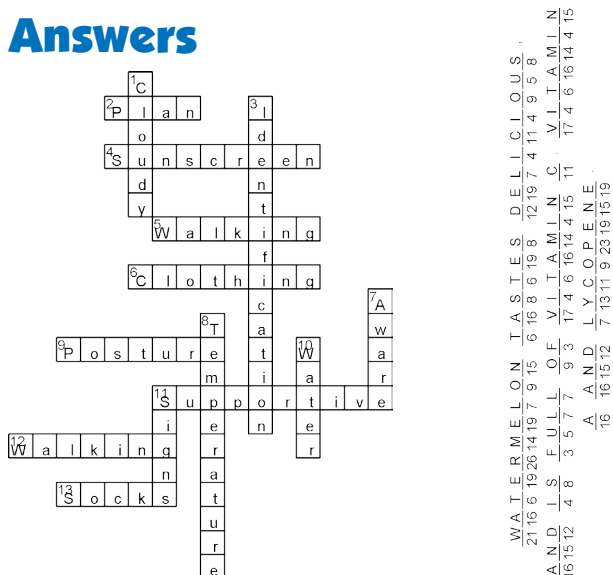
Walking is arguably the best form of exercise for people of all ages. It is something we all know how to do, it is easy to do, it can be done almost anywhere, and it is the activity with the least chance of injury.

Walking is an excellent physical activity for older adults. Walk around the block, walk to and from the grocery store, walk around a shopping mall – it is so easy and convenient for those healthy enough to be walking.

Since the weather changes, we must change with it. Below are walking tips for safe and healthy summer walking:

- ◆ Let someone know where you plan to go before you leave (even if you just leave a note).
- ◆ Walk early in the day or later in the evening, when the temperature is more mild.
- ◆ Carry a form of identification.
- ◆ Start walking slowly and if you feel up to it, gradually increase your speed.
- ◆ Wear well-fitted, supportive and moisture-wicking shoes and socks to keep your feet dry, cool and pain-free.
- ◆ Bring a bottle of water to stay hydrated. Know the signs of being over-heated or dehydrated.
- ◆ Always wear sunscreen and a hat (remember, even if it's cloudy outside, you can still get sunburned.)
- ◆ Be aware of your surroundings.
- ◆ Walk with good posture (straight back, head facing forward, arms swinging).
- ◆ Wear lightweight, light-colored clothing to repel the heat.

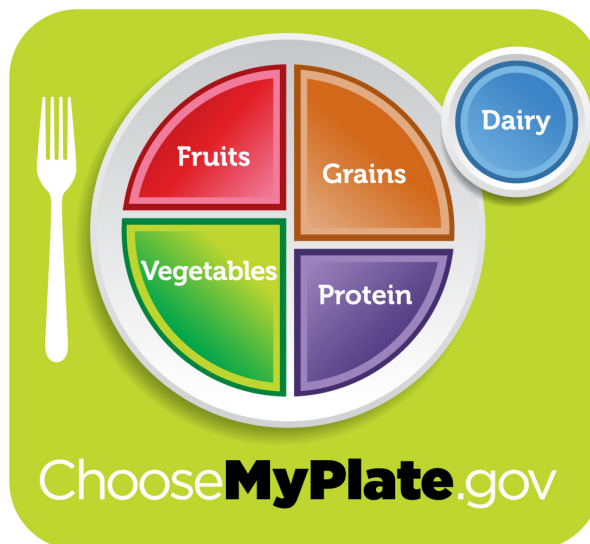
Answers



Resource:

A New Picture for Nutrition

In June, USDA introduced a new nutrition icon. MyPlate is designed to remind Americans to eat healthfully. MyPlate illustrates the five food groups using a familiar mealtime visual, the plate. Visit choosemyplate.gov to learn more about this change.



Watermelon Kiwi Smoothie

- 1 cup seedless watermelon chunks
- 1 peeled and chopped kiwi
- 1 cup vanilla yogurt
- 1/2 cup ice



Place all of the ingredients in a blender and puree until smooth. Pour into glass. Makes 1 serving.

Calories 206; Fat 1 gm; Sodium 136 mg; Fiber 3 g; Carbohydrates 42 g; Protein 11g; Folate 45mcg; Potassium 851 mg
Sources: www.watermelon.org

Pick a **better** snack™



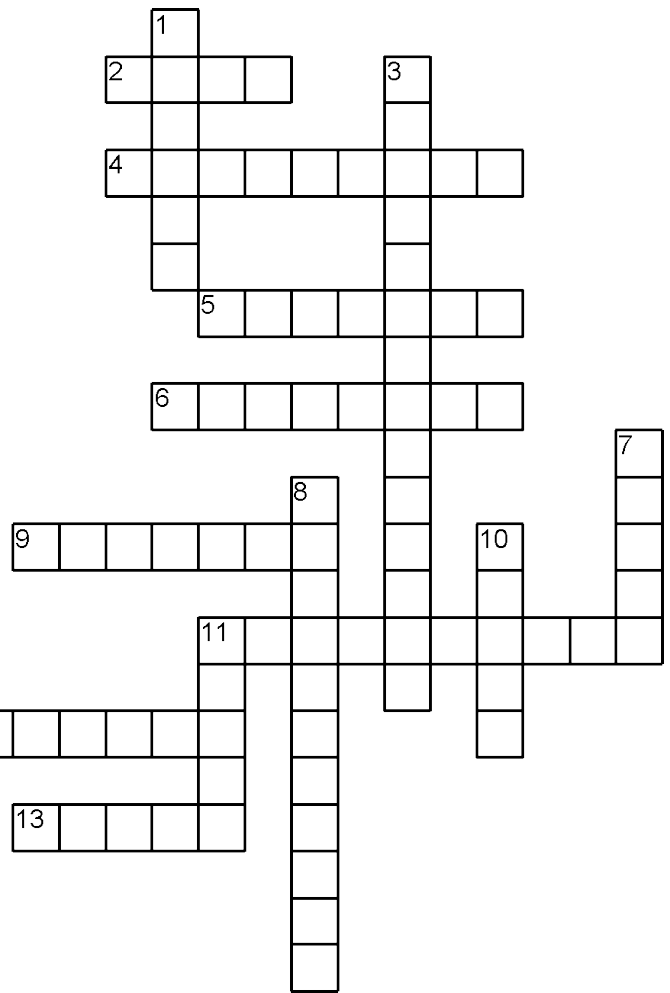
Walk This Way

Across

2. Let someone know where you _____ to go before you leave.
4. Always wear _____ and a hat.
5. Start _____ slowly and gradually increase your speed
6. Wear lightweight, light colored _____ to repel the heat.
9. Walk with good _____.
11. Wear well-fitted, _____ shoes.
12. _____ is an excellent physical activity for older adults.
13. Wear moisture-wicking _____ to keep your feet dry and cool.

Down

1. Even if it's _____ outside, you can still get sunburned.
3. Carry a form of _____.
7. Be _____ of your surroundings.
8. Walk in the morning or evening when the _____ is more mild.
10. Bring a bottle of _____ to stay hydrated.
11. Know the _____ of being over-heated or dehydrated.



Wonderful Watermelon

Decode the message by finding each substitute letter or symbol.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16	18	11	12	19	3	20	1	4	22	2	7	14	15	9	23	24	26	8	6	5	17	21	25	13	10

21 16 6 19 26 14 19 7 9 15 6 16 8 6 19 8 12 19 7 4 11 4 9 5 8
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This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.